

The Mount Sinai Hospital School of Nursing

Registered by the State Board of Regents
of the State of New York



Announcement



No. 5 East 98th Street
New York City
1928



School of Nursing

TABLE OF CONTENTS

	PAGE
Officials of School of Nursing	4
Medical Lecturers Staff	5
Officers of Administration and Instruction	6
History of Hospital and Training School	9
Description of New Building and General Statement	11
Appointment of Probationers	20
Alumni Association	27
Educational Facilities	29
Curriculum	30
General Outline of Course of Instruction	31
Course of Instruction	33
Clinical Experience and Instruction	45
Advantages peculiar to the Profession of Nursing	48
Special Advice to Candidates	50

THE MOUNT SINAI HOSPITAL

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HOSPITAL SCHOOL OF NURSING

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DAVID BECK, M. D.	DANIEL POLL, M. D.
	IRA COHEN, M. D.

DIRECTOR OF THE HOSPITAL

S. S. GOLDWATER, M. D.

SUPERINTENDENT OF NURSES AND PRINCIPAL OF
SCHOOL OF NURSING

ELIZABETH A. GREENER, R. N.

SCHOOL OF NURSING

SPECIAL MEDICAL LECTURERS TO
SCHOOL OF NURSING

<i>Subject</i>	<i>Lecturer</i>
<i>Medicine</i>	HARRY I. WEINSTOCK, M.D. A. PHILIP ZEMANSKY, M.D.
<i>Surgery</i>	RALPH COLP, M.D. LEO EDELMAN, M.D.
<i>Psychiatry and Mental Hygiene</i>	IRA S. WILE, M.D. C. P. OBERNDORF, M.D. DUDLEY SCHOENFELD, M.D. MONROE A. MEYER, M.D.
<i>Pediatrics</i>	B. F. DENZER, M.D. WILLIAM L. ROST, M.D. JEROME L. KOHN, M.D.
<i>Contagion</i>	HENRY W. BERG, M.D.
<i>Pathology</i>	A. PHILIP ZEMANSKY, M.D.
<i>Laryngology</i>	SIDNEY YANKAUER, M.D. RUDOLPH KRAMER, M.D.
<i>Otology</i>	ISIDORE FRIESNER, M.D. SAMUEL ROSEN, M.D.
<i>Dermatology</i>	WALTER J. HIGHMAN, M.D.
<i>Ophthalmology</i>	JULIUS WOLFF, M.D.

THE MOUNT SINAI HOSPITAL

OFFICERS OF ADMINISTRATION AND INSTRUCTION OF THE MOUNT SINAI HOSPITAL SCHOOL OF NURSING

ELIZABETH A. GREENER, R.N.....	<i>Principal of School of Nursing and Superintendent of Nurses</i>
MARY P. BROWN, R.N.....	<i>Assistant Superintendent of Nurses</i>
MAY CROUCH, B.S.R.N.....	<i>Senior Instructor of Sciences</i>
ELIZABETH GOODINE, R.N.....	<i>Instructor of Nursing Practice</i>
ADELINE WOOD, B.S.....	<i>Supervisor of Dietetics</i>
EMMA THORNWALL, B.S.....	<i>Assistant Instructor of Dietetics</i>
MAY M. SLATER, R.N.....	<i>Supervisor Out-Patient Department</i>
MARGARET LUNDY, R.N.....	<i>Supervisor and Instructor of Operating Rooms</i>
MARY E. ERWIN, R.N.....	<i>Supervisor, Private Pavilion</i>
EDITH RYAN, R.N.....	<i>Supervisor and Instructor Surgical Pavilion</i>
CORA BALL, R.N.....	<i>Supervisor and Instructor Children's Pavilion</i>
MYRTLE CAMERON, R.N.....	<i>Supervisor and Instructor Medical Pavilion</i>
CHARLOTTE LOUISE HOLT, R.N.....	<i>Night Supervisor Main Hospital</i>
FANNIE LISSAUER, B.S.R.N.....	<i>Instructor of Public Health and Social Service Nursing</i>
MARY EKEY, R.N.....	<i>Assistant Instructor of Sciences</i>
CLAIRE CASEY, R.N.....	<i>Assistant Instructor of Nursing Practice</i>
ENID HUTCHINSON.....	<i>Special Instructor of Nursing Practice in Wards</i>
HELENA OSWALD MINSON.....	<i>Instructor of Massage</i>
GERTRUDE COPELAND, R.N.....	<i>Private Pavilion Operating Rooms</i>
PATIENCE EARNEST, R.N.....	<i>Night Supervisor, Private Pavilion</i>
MARJORIE NICHOLS, R.N.....	<i>Supervisor Nurses' Infirmary</i>

HEAD NURSES MEDICAL, SURGICAL AND PEDIATRIC DEPARTMENTS

MADELEINE ROONEY, R.N.	FLORENCE STAPLETON, R.N.
KATHLEEN BETHEL, R.N.	GERTRUDE COMPTON, R.N.
HELEN KILDUFF, R.N.	ETHEL NIXON, R.N.
KATHRYN KISHBAUGH, R.N.	MARGARET M. CAMERON, R.N.
KATHLEEN HERMAN, R.N.	AVIS FINCKENAUER, R.N.

SCHOOL OF NURSING

HEAD NURSES PRIVATE PAVILION AND SEMI-PRIVATE WARDS

AIMEE MENDELS, R.N.	MADELEINE TISCH, R.N.
NETTIE BOLKCOM, R.N.	HELEN SIMPSON, R.N.
PATIENCE EARNEST, R.N.	MABEL PRICE, R.N.
DOROTHY MELLOWS, R.N.	ELSIE CARTER, R.N.
CECELIA DURKIN, R.N.	ELLA HAWKINS, R.N.
DOROTHY HYDE, R.N.	EVA THOMSON, R.N.
HELENA MACLOUGHLIN, R.N.	MARY MILLAR, R.N.
EDNA SHARRITT, R.N.	AMY GERTRUDE APPELYARD, R.N.
GERTRUDE MCKAGUE, R.N.	EVA BLANCE MACLEAN, R.N.

OPERATING ROOM ASSISTANTS

GERTRUDE COPELAND, R.N.	SARAH STEVENS, R.N.
MARIE DOWLER, R.N.	RACHEL LOUTH, R.N.
ADARIAN RORICK, R.N.	THERESA DOMENIC, R.N.
FLORENCE YACKEY, R.N.	CATHRYN MOLCHAN, R.N.
MURIEL CLARK, R.N.	GRACE BALIOZIAN, R.N.
MARGARET HALPIN, R.N.	HILJA LAPPALAINEN, R.N.
MAY WILLSIE, R.N.	

HEAD NURSES—OUT-PATIENT DEPARTMENT

VIRGINIA MILLER, R.N.	DOROTHY CHRISTIE, R.N.
PETREA PETERSEN, R.N.	ANNA LITTLE, R.N.
BERNICE MENDELS, R.N.	SARA CORWIN, R.N.

HEAD NURSES—DEPARTMENT OF RADIOLOGY

MYRA ROWE, R.N.	LUCY SCHOLVIEN
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OFFICERS OF SCHOOL OF NURSING AND REGISTRY

ANNA IRONS, R.N.	LAURA BATES, R.N.
MARION VON ULM	JANE BEAIRSTO
MILDRED PATTEN	

NURSES' HOME

A. KATRINA KNAUF.....	<i>Matron</i>
FRANCES PENFIELD.....	<i>Housemother</i>



The Mount Sinai Hospital

BRIEF HISTORY OF THE MOUNT SINAI HOSPITAL

The Mount Sinai Hospital was incorporated in 1852. Its first building was a small private dwelling in 28th Street between 7th and 8th Avenues, which accommodated 28 patients. In 1871, the institution was moved to Lexington Avenue between 67th and 69th Streets, where in a new and larger building two hundred patients were accommodated.

In 1904 the Hospital took possession of its new plant, consisting of ten connected buildings covering the entire block bounded by Madison Avenue, 100th Street, Fifth Avenue, and 101st Street. These buildings, with a capacity of 500 patients, soon proved inadequate. The Hospital accordingly acquired 25 lots fronting on Fifth Avenue, the south side of 100th Street and the north side of 99th Street, and on this new site the erection of seven buildings was begun in 1914. Construction was suspended during the war, after the completion of four of these buildings, but was resumed in 1919, and in the spring of 1922 the Hospital opened its new private pavilion, children's pavilion, and auditorium.

In 1923 and 1924 the Hospital acquired seventeen additional lots fronting on Fifth Avenue, 98th and 99th Streets, and on part of the property have erected an entirely new school and dormitory building, which is believed to be the largest building in the world devoted exclusively to Nursing Education.

ADVANTAGE OF THE HOSPITAL AS A TRAINING FIELD

The Mount Sinai's new children's pavilion, private pavilion, clinical laboratory and dormitory buildings are frequently spoken of as among the most perfectly appointed hospital buildings in the United States. Of the eighteen buildings now occupied by the Hospital, two are devoted exclusively to out-patient work, in which more than 700 out-patients are cared for daily. Upon the completion of authorized alterations to two of the buildings erected in 1904, the Hospital will have a capacity of 720 beds. A vast and varied clinical material is thus available for the thorough professional education of nurses.



Main Foyer—Nurses' Home

DESCRIPTION OF NEW BUILDING AND GENERAL STATEMENT

The Mount Sinai Hospital School of Nursing, established in 1881 has grown steadily and is today one of the largest and best known schools in the country. In 1905, in accordance with the New York State Law enacted in that year, the school was registered by the Board of Regents of the State of New York. The School is now in its forty-sixth year and has graduated over sixteen hundred nurses.

The recently completed school and residence is the largest and most complete unit of its kind in the world. The building is of variegated red brick, trimmed with limestone and is absolutely fire proof. It connects with the Hospital buildings by a tile-lined subway giving entrance to the sub-basement. It is built in an H-shaped design with small courts at either side and a large center courtway formed by the projection of the side wings. The building with its courtways, has a frontage of 175 feet on 98th Street with wings extending back about 114 feet.

As the basement or hospital approach is used more frequently than the street entrance the description of the building naturally starts from that point. The connecting corridor is beautifully tiled, well lighted and heated and terminates in a commodious lobby facing the passenger elevators. On the corridor level are located the linen and store rooms, trunk room, nurses laundry, nurses sewing room and an especially attractive shampoo room. On the ground floor, or the floor next above, are found the kitchen and dining rooms. The kitchen is fully equipped and entirely independent so that the Nurses' Home does not depend on service of the Main Hospital kitchen. The large dining room for student nurses has windows on two sides and is finished with rubber flooring and with a highly ornamental faience tile wainscot. Sound-absorbing material has been installed in the ceiling in the interest of quiet. Color has been used most artistically throughout the entire building. This is especially noticeable in the large dining room with its soft gold and brown tones of tile.

The Main floor with its spacious entrance and beautiful marble corridors, its handsome paneled living room and library, assembly hall and small special reception rooms, produces an effect of dignity, elegance and charm. The Street entrance opens on a handsome foyer hall finished in French stone. Immediately adjoining the



Recreation and Assembly Hall

lobby is a reception alcove and opposite this an information desk and office with telephone, switch-board, post office, buzzer signals to each room, etc.

In the center of the building there is a large hall for informal recreation, dancing, school theatricals and public affairs; this hall is large enough to seat approximately 400 persons and has a curtained stage and two small dressing rooms.

Perhaps the most attractive feature of the first floor is the large living room. This, like the adjacent library is finished with wood paneling and both rooms are beautifully furnished with luxurious couches, chairs, lamps and hangings.

The second floor of the new building is devoted wholly to teaching. There are three lecture rooms, the largest of which seats 150 students. The large demonstration room with utility room, linen room and kitchen is equal in size to the larger lecture room. There are two separate studies for the older and younger nurses, respectively, a teaching room for massage, and a well equipped laboratory for the teaching of the sciences, and in addition there is an office and examining room for the school physician.

The dormitory floors, the third to the eleventh inclusive, are designed for student nurses. A few of the larger rooms on these floors are equipped for double occupancy, but approximately 80 per cent of the capacity of the home is in single rooms. For each nurse there is a built-in wardrobe closet with a section for hanging clothes and an adjoining section containing shelves and sliding drawers. There is a wash basin, medicine cabinet and long mirror in each room. On each dormitory floor is found an informal sitting room for general use and a kitchenette.

The fourteenth floor is divided into three separate parts. Over the west wing there is a completely equipped infirmary with accommodations for 12 nurses. Surmounting the center portion of the building is a gymnasium, appropriately designed with a high ceiling and with huge windows to north and south. The east wing of the roof includes covered and uncovered sections from which one may look down on Central Park and across the Hudson to the Palisades or across the East River to Long Island Sound and the marvelous Hell Gate Bridge and Viaduct.

According to the *American Journal of Nursing*, "No thought, effort or expense has been spared to make this school of Nursing a worthy tribute to the generations of Nurses who have gone out

Nurses' Lounge



from Mt. Sinai or to provide foundation for and incentive to even greater happiness and efficiency."

It is the earnest purpose of the School to maintain a standard commensurate with the unusual opportunities it has to offer, and to assist in meeting the demand of the public for a more complete and well rounded education for nurses. It is a well recognized fact that trained nurses are an essential factor in the effort of society to deal with important social problems. In the thorough course of study and practical experience offered, adequate preparation is given for any of the many careers now open to the well-trained graduate nurse.

It is of the greatest importance to every school of Nursing that the Hospital with which it is associated shall be in a position to afford the fullest opportunity for comprehensive and thorough nursing education. The Mount Sinai Hospital with its 650 beds offers exceptional advantages in every respect to its students. Nurses who enroll for training are assured of excellent and varied clinical experience in medicine, surgery, pediatrics, gynecology and neurology—in addition to special services. By arrangement with the Trustees of the Sloane Hospital for Women and the Manhattan Maternity Hospital each nurse receives a three months' course in obstetrics at one of these institutions during her period of training.

Every pupil is given a systematic course of instruction and nursing practice in each department according to a prearranged schedule. Each student is also permitted to elect four months of specialized experience in any section of the hospital including Social Service and Out-patient department. Through affiliation the opportunity is afforded for elective work in contagion at the Willard Parker Hospital, in special mental nursing at Bloomingdale Hospital and in district nursing at the Henry Street Settlement.

Graduates of High Schools and private schools will be admitted to the regular course in nursing. Women of superior education and cultivation with a practical knowledge and understanding of household science will be given preference provided they meet other requirements of the school.

By special arrangement candidates of superior educational attainments are given the opportunity to enter the school upon an advanced basis. Graduates of approved colleges for women who have had the necessary scientific groundwork and who meet in other ways the requirements of the school, will be allowed to complete their training in two years and eight months.



Fiction Library

SCHOLARSHIPS AND SPECIAL ENDOWMENT FUNDS

The Training School is unique in its possession of special endowment funds the interest of which is used for the benefit of the student nurses. In all, these funds represent a capital of over one hundred and eighty thousand dollars, and they indicate in a most substantial manner the deep interest taken in the school by the Board of Directors and its friends.

The Murry Guggenheim Scholarship Fund.....\$25,000.00

Established in 1905 to provide annually twelve scholarship awards, of one hundred dollars each, to students who have shown exceptional ability during the year.

Six of these scholarships are awarded to the senior class, three to the intermediate class and three to the junior class.

The Fund is administered by the Board of the Training School, but the selection of the students to whom prizes are awarded is in the hands of the superintendent of the Training School and her staff.

Albert W. Scholle Memorial Fund.....\$65,000.00

Founded by William and Frederic Scholle as a tribute to the memory of their father, to provide a vacation and recreation fund for Mount Sinai Hospital students and nurses.

Estelle and Hugo Blumenthal Scholarship and Graduation Fund \$37,000.00

Founded by Estelle and Hugo Blumenthal to provide an annual scholarship to the student of the graduation class chosen for special fitness to advance in the profession of nursing by taking a Post-Graduate course in Columbia University. This fund also provides a prize of \$25.00 to each graduating student.

Emil Berolzheimer Memorial Fund.....\$20,000.00

Founded by Mrs. Emil Berolzheimer in memory of her husband, Emil Berolzheimer. The income to be used for higher education of students.

Jacques D. Wimpfheimer Memorial Fund.....\$10,000.00

Founded by Charles Wimpfheimer in memory of his son, Jacques P. Wimpfheimer. Any student requiring financial assistance during training may call upon this fund.

Lillie Stern Scholle Pleasure Fund..... \$9,000.00

Founded by Albert W. Scholle. The income to be used largely to defray expenses of parties, dances and social gatherings of the students.

Mr. and Mrs. S. S. Steiner Fund..... \$5,000.00

Established by Mr. and Mrs. S. S. Steiner. The income to be used for the relief of needy graduate nurses of the school.

THE MOUNT SINAI HOSPITAL

Kalman and Harriet F. Haas Fund.....\$ 3,000.00
 Founded by Kalman Haas. The income to be used for the general purposes of the school.

Carrie Untermeyer Fund.....\$ 2,600.00
 Founded by Mrs. Carrie Untermeyer. To establish an award of \$100.00 annually to the student graduating who has the best record for kindness and proficiency in actual bedside nursing.

Berthold Levi Fund.....\$ 2,500.00
 Founded by Mrs. Berthold Levi in memory of Berthold Levi. The income to be used for higher education of students.

Eugene Meyer, Jr., Library Fund.....\$ 2,000.00
 Founded by Eugene Meyer, Jr. The income to be used to supply books and magazines for the school library.

Emma H. Kaskel Fund.....\$ 1,000.00
 Founded by Mrs. Emma H. Kaskel. Income to be used to supply magazines for the school library.

Soloman and Betty Loeb Fund.....\$ 1,000.00
 Founded by Soloman Loeb. Income to provide an annual prize to an outstanding student.

Daniel Kops Prize Fund.....\$ 1,000.00
 Founded by Employees of the House of Kops in memory of Daniel Kops. The income to be applied to the awarding of an annual prize to the nurse in the intermediate class who holds the best record for bedside nursing and kindness to patients.

Sick Nurses' Fund.....\$ 8,700.00
 Established by directors of the School and the Trustees of the Hospital and contributed to by them from time to time. Income and principal used to defray the expenses of graduate nurses and students of the school while sick and not confined in Mount Sinai Hospital.

The Isabella Freedman Fund.....\$ 1,500.00
 The interest from fund to be used annually for one or two awards to students in the graduating class who have shown marked ability, proficiency and interest in their work.

Pension Fund of the Mount Sinai Alumnae Association....\$170,000.00
 Established to provide pensions to nurses after many years of service.

With the aid provided by these funds the school is able to bring about the best possible conditions in study work and play for its students. Only those who have observed the actual application of these unusual resources can realize how much is accomplished toward contentment and happiness of the students and hearty co-operation between the student body and those responsible for the management of the school.



Post Office and Information Desk

APPOINTMENT OF PROBATIONERS

Requirements for Admission

A candidate wishing to take the course of instruction should apply to the Superintendent of Nurses by letter or in person, preferably accompanied by mother or other relative interested in her welfare. Detailed information can then be furnished which might be unsatisfactory or incomplete through correspondence. If a personal interview is impossible a written application may be submitted. The hours for seeing applicants are daily between 3:00 and 4:00 P.M.; at other times by appointment.

Age

Candidates should be preferably between nineteen and thirty-five years of age. Exception to this limit is occasionally made when there is a difference of only a few months or when the applicant is particularly fitted for the work. Candidates less than nineteen years of age may make application. If such candidates are otherwise acceptable their applications are placed on file until the minimum age limit is reached. High School graduates under age are occasionally admitted.

Physique

Applicants should be in good health and sound physical condition. No one with organic defects can be received.

Education

Graduates of colleges or high schools and women of superior education and cultivation, with a practical knowledge of household affairs, are given preference provided they meet other requirements. Under the laws of the New York State Board of Regents no candidate is eligible for admission in a Nurses' Training School who has not completed at least one year of high school work or its equivalent.

Calendar

Classes of probationers will be admitted in the fall, mid-winter and early spring months.

Length of Course

The course of training covers three years from the date of entrance. It is divided into a preliminary term of six months, junior term of six months, an intermediate term of one year and the senior term of one year.

Terms of Acceptance

If a record of a pupil should prove unsatisfactory during the first six months, the superintendent of nurses may terminate the connection of the pupil with the school. At any subsequent period the Board of Directors upon recommendation of the Committee on Nurses and Instruction may dismiss a pupil for misconduct, inefficiency or failure to develop qualities befitting the nursing profession.

Uniform Equipment

During the preliminary term probationers wear a uniform which they must provide at their own expense. After acceptance the pupils are required to wear the uniform of the school which is provided by the hospital free of charge. Pupils are not permitted to appear on the street in uniform at any time.

Directions for making probationary uniforms and a list of the necessary requirements for entering the School of Nursing will be sent to each accepted candidate.

Expenses

There are no tuition fees. After the expiration of the first two months a monthly allowance of eight dollars is made to each pupil until graduation. The hospital provides uniform, cape, text-books and instruments. Should the pupil for any reason leave the school before completing the course, she may not take any part of the equipment with her.

During the whole course of training the pupil is maintained at the expense of the hospital. Other expenses depend upon the personal habits of the individual.

Residence

Student nurses reside in the Nurses' Pavilion which is a separate building connected with the hospital by beautiful corridors well heated and lighted. This is a very great advantage to the student especially in stormy weather. The home is equipped with all the modern conveniences and comforts, has also a large special outdoor rest room furnished with steamer chairs and cots. The bedrooms are comfortable, well lighted, heated and ventilated. Every facility is provided for study, recreation and hygienic living.

Religion

The school is non-sectarian and there are no religious services connected with it. Students are, however, encouraged to maintain their interest in the denominational group to which they belong.

*Reporting for
Duty*



*Supervisor's
Sitting Room*

*Entrance
to School*



Hours of Duty

The pupil averages eight hours per day in the wards or from fifty-two to fifty-four hours per week. One-half day per week is given and five hours on Sunday.

Vacation

Four weeks' vacation is allowed each pupil during the first year, and four weeks during the second year. These vacations are planned as nearly as possible to come between the first of May and last of September.

Leave of Absence

Students will not be excused during the course of instruction to nurse relatives at home, or to absent themselves for other personal reasons; absence is allowed only in extreme cases, and for a limited time. If for any reason a pupil is obliged to be away from the school for a period exceeding four weeks, the date of her return and her class standing upon her return will be determined by the superintendent of the school.

Health Standards

Each student is given a physical examination early in her probationary course by the Physician to the School of Nursing in order to ascertain her physical fitness for her chosen profession. Other physical examinations are made periodically or as required.

Special attention is paid to the matter of normal weight and a monthly weight record is kept of all students.

Illness

In illness all pupils are attended gratuitously by a physician appointed by the Board of Directors. Time lost through illness or through any other cause is required to be made up. The school maintains a well-equipped infirmary for the exclusive care of its students. Generous provision has also been made for the care during illness of nurses who have graduated from the Mt. Sinai School of Nursing which includes a room in the Hospital endowed for their use.

Student Activities and Social Advantages

The student organizations in the School of Nursing consist of a student council, class organizations and Ukulele and Glee Clubs.

The student council consists of the officials of each class together with six other representatives. Practically all the social activities of the Nurses' Home are in charge of this group.

Realizing the value of relaxation and of recreative interest and thought, and that good spirits are as essential to success in nursing as in other lines of work and study, a special effort is made to encourage all wholesome diversions. A Trustee of the School has established "A Pleasure Fund" of ten thousand dollars, the income of which is used by the pupils for their entertainment. Dances are given during the winter to which the nurses have the privilege of inviting friends. The Commencement Exercises are followed by a reception and dance given in honor of the graduating class. Small affairs arranged by the students themselves are encouraged. Three pianos, radios and victrola are furnished for the use of the Nurses. Two tennis courts and a well-equipped gymnasium are also available.

A substantial vacation and recreation fund recently presented to the school makes possible many unusual and interesting school features.

The City of New York offers many points of interest and instruction with a variety of opportunities for the enjoyment of art and music; students of the school are encouraged to use these opportunities for the cultivation of intellectual interest that will help make them not only good nurses but broader and more cultured women.

A reference library has been endowed by a friend of the Training School. This library contains over 500 carefully selected volumes which supplement the class work and enable any pupil to pursue advanced study while in the school. In addition there is a library of standard fiction, to which the nurses have access at all times. Magazines and papers supply general information and keep the students interested in current events.

Loan Fund

A generous student Loan Fund may be drawn upon by any Nurse needing financial assistance during her Nursing course.

Attendance at Classes

Attendance is required at all classes. Absences are excused by the superintendent of Nurses only in case of illness or absence from the school.

Examinations

Examinations, both written and oral, are held at the end of the course of instruction in each subject. They include practical tests and the standing of the pupil is based upon the general character of her work throughout the year, as well as upon the result of her examinations. Pupils must pass in all subjects of a given year before entering upon the work of the following year. Careful and com-



Entrance to Student Nurses' Dining Room

plete records of class work, of examinations and of the general deportment of all pupils are kept on file.

Graduation

The diploma and medal of the school will be awarded to those who have honorably and successfully completed the course. A diploma is also awarded by the Sloane Maternity Hospital or the Manhattan Maternity Hospital for the three months' obstetrical course.

State Registration

As graduates of the school, nurses are required to take the Regents' Examination for the degree of "Registered Nurse" (R. N.). They can then qualify for army nursing service and as Red Cross Nurses provided they are citizens of the United States and nurses in good standing.

Registry

The Training School maintains its own registry. There has been from year to year a steady increase in the number of calls for our nurses. Although the enrollment of graduate nurses on the Registry averages at all times over three hundred, the request for graduates of the Mount Sinai Hospital School of Nursing is such that the demand for nurses is always in excess of the supply.

How to reach the Hospital.

Applicants who find it convenient to apply in person, but who may not be familiar with the city, can easily find their way to the hospital by means of the surface cars or Fifth Avenue Bus Line or if preferred, by taxi service which in N. Y. City is considered both safe and reasonable in price. The hospital can be conveniently reached from the Grand Central Station on 42nd Street by taking a northbound Madison Avenue Car, and from the Pennsylvania Station by taking a 34th Street car going east to Fourth Avenue where a northbound Madison Avenue car can be obtained. Madison Avenue cars pass the Hospital at 100th Street. The Fifth Avenue Bus runs directly from the Pennsylvania Station past the hospital and is but one block west from the Grand Central Station at 42nd Street.

Baggage

All baggage should be plainly addressed with name in full, care of The Mount Sinai Hospital School of Nursing, No. 5 East 98th Street, New York City, and should be sent prepaid.

ALUMNAE ASSOCIATION

The Mount Sinai Alumnae Association was organized in 1893. It has a two-fold object: to hold together the graduate body and to care for its members when ill.

The Society after twenty-five years of successful existence has a membership of over six-hundred. Meetings are held monthly during nine months of the year in the nurses' home. After each meeting tea is served and a social hour spent.

The Association is affiliated with the County and State Organizations as well as with the American Nurses' Association.

Through the generosity of Mr. Max Nathan a comfortable room known as the "Alumnae Room" has been endowed in the hospital where nurses may have the advantage of skilled medical and nursing care.

Provision for old age is another problem which has received attention. With the assistance and advice of the Directors of the School of Nursing a Pension Fund has been established. While still in its infancy this fund now amounts to one hundred and seventy thousand dollars. The income is applied to the payment of pensions to those who are eligible.

A bulletin is published by the Society containing the minutes of each meeting, items of interest to the graduates and special medical and surgical articles.

It is the aim of the Association to interest the pupil nurse in Alumnae affairs from the beginning of her course in training to the time of her graduation. The Society realizes that only in this way can its ranks be strengthened and the scope of its work broadened.

Student's Bed Room



EDUCATIONAL FACILITIES

Probably no School of Nursing in the world has such generous space set apart for educational purposes nor such commodious or favorably planned facilities as those which are now available for our use.

The area of the principal class-room floor is 12,000 feet. This is exclusive of the large assembly hall and of the class rooms of the Dept. of Domestic Science which are in the Hospital proper, adjoining Special Diet Kitchen. There are three general class or lecture rooms, the largest of which can seat 150 students. The Nursing Laboratory is of equal size and is beautifully equipped for teaching practical nursing to students and the Science laboratory is well equipped, spacious and airy. There are two studies; one for the younger and one for the older students, a well stocked reference library, Massage and Bandage teaching class rooms and offices for the instructors.

The Domestic Science department, also modern and well equipped, comprises a large science or cookery class room, a general class room, a diet kitchen and a dietitian's office.

The educational department is equipped throughout with the latest and most scientific equipment. Every opportunity and encouragement is given the student nurse to prepare herself in a thoroughly scientific manner to be a worthy representative of the nursing profession.

THE MOUNT SINAI HOSPITAL

A SCHEDULE OF CURRICULUM
As Arranged in Years and Subject

SUBJECTS	Preliminary Course Hours	First Year Hours	Second Year Hours	Third Year Hours	Total Hours
Anatomy and Physiology	35	30	65
Chemistry	20	20
Bacteriology	20	20
Hygiene and Sanitation	15	15
Practice of Nursing	92	25	117
Principles of Nursing	20	20	40
Bandaging	20	20
Nursing, Ethics and History	15	15
Drugs and Solutions	20	20
Dietetics and Cookery	45	45
Materia Medica	...	20	20
Pathology	12	12
Pediatrics:					
Doctors' Lectures	...	10	10
Nursing of Children	...	8	8
Surgical Lectures	20	...	20
Medical Lectures	20	...	20
Obstetrics and Gynecology:					
Sloane	30	...	30
Manhattan Maternity	55	...	55
Social Service Nursing:					
In Hospital Department	10	...	10
Public Health Lectures	15	...	15
City and Maternity Center	25	...	25
Massage	16	...	16
Nervous and Mental Diseases	16	...	16
Operating Room Instructions; Practical	45	45
Dietotherapy	24	24
Infant feeding	8	8
Infection and Contagion	8	8
Eye, Ear, Nose and Throat	6	6
Occupational, Skin and Venereal	8	8
Journal Club	12	12
Review Quiz Classes for State Board	15	15
	302	88	152 to 179	158	700 to 725

Practice work, demonstration room—under supervision,
including bandaging. 64 Hours
Study periods, class room—under supervision. 80 Hours
Total number of hours devoted to systematic instruction
and to supervised study outside of the wards of the
Hospital 816 to 841, depending on course of study
elected.

Figures based on

Total time of training, 3 Years. 156 Weeks
July, August, and 2 weeks in December, no classes. . . . 20 Weeks
Actual weeks of class instruction. 136 Weeks
Lecture Hours, 417 to 442. Wkly. Av. per Student. . . 3 to 3.2 Hrs.
Laboratory Hrs., 283. Wkly. Av. per Student. 2.1 Hrs.
Total class hours, 700 to 725. Wkly. Av. per Student. . . 5.1 to 5.3 Hrs.
Highest actual class hours for Juniors, period of 10 weeks, 7.5 Hours.

INFORMATION CONCERNING COURSE OF INSTRUCTION

Probationary or Preliminary Period

This course covers the first six months and is designed to make the training thoroughly practical, as well as sound in theory, in the elementary nursing procedures. The pupil is introduced gradually to the more responsible duties of nursing in preparation for regular service in the wards at the end of the preliminary period.

Instruction is given chiefly by class recitations, demonstrations and laboratory work. The pupils are made familiar with the various appliances and utensils used in the care of the sick. They are permitted to be on the wards only three hours daily, during which time they are under constant direction and observation. The practice work at this time is intended to give a solid background for class work and to demonstrate the application of methods taught in the class room.

A demonstration of practical nursing procedure is given by the students at the end of their preliminary term of training as a test of their fitness to undertake nursing responsibilities in the wards of the hospital. Written examinations and special tests are also conducted at regular intervals to determine their mental ability. After successfully passing these various tests probationers are accepted as regular pupil nurses.

Junior Term

At the beginning of the Junior Term the pupils enter the wards as assistant nurses and are expected to perform such duties as may be assigned them. Recitations and demonstrations are continued in the class room at stated hours, the nurses being relieved from their



Dormitory Floor Kitchenette

ward duties during such periods. More advanced nursing procedures are studied, and courses in *Materia Medica* and *Urinalysis* are added to those subjects continued from the preliminary term. A four-week service in the diet kitchen is given each student.

Intermediate Term

During the second year lectures and instruction are given in surgery, medicine and pediatrics, and the principles and practice of massage taught. During this year each intermediate pupil is afforded the opportunity for special training in the care of private patients and for an intensive course in obstetrics at one of the affiliated maternity hospitals.

Senior Term

In the third year a thorough course of training in operating room work is given each senior pupil. Lectures and demonstrations are continued and the most advanced nursing subjects are brought before the pupils. Opportunities for elective work are offered in district nursing, in medical nursing, in social service, in contagious and mental nursing and along executive lines in the management of wards.

COURSE OF INSTRUCTION

The Principles and Methods of Nursing

This course is intended to develop in the student a sound knowledge of the fundamental principles underlying all nursing procedure, to stimulate a sympathetic interest in the patient, to develop manual dexterity and to establish a uniform finished and intelligent ability to deal with all nursing duties or problems.

Instruction in the principles and methods of nursing begins in the preliminary course and extends in various forms practically throughout the entire training.

During the preliminary period the student receives daily instruction in the class or demonstration room in the simpler nursing procedures and the principles underlying same. She is required to show a fair degree of proficiency before being permitted to practice such procedures in the wards of the hospital. Until she has acquired sufficient skill and proficiency to be entrusted with the more technical and responsible nursing treatments her work is restricted to those nursing measures which she can clearly understand and perform with safety.

This course includes introduction to all hospital nursing duties, bed making, baths, general and special care of bed patients, observation and study of symptoms, reports and charting, medical, surgical and gynecological nursing, special treatments, emergencies, medical and surgical, etc.



A Children's Ward

SCHOOL OF NURSING

Preliminary Period Lectures, Recitations, Laboratory and Demonstration.....	60 Hours
Class room Practice under supervision.....	80 Hours
1st year Junior Clinics—On wards or in the demonstration room.....	20 Hours
2nd Year Nursing Principles and Quiz Class.....	30 Hours

Anatomy and Physiology

Lectures and laboratory work, planned to give the student a practical working knowledge of the structure of the human body and its various functions from the standpoint of nursing in order to prepare her for the study of hygiene, dietetics, materia medica and allied subjects; also to teach the correct use of ordinary scientific names and terms and to encourage their use.

Instruction is given by means of lectures, demonstrations and laboratory work. The skeleton is used for the demonstration of bones; and the manikin and charts for the study of organs. Preserved specimens and fresh animal specimens are used for dissection, and microscopic slides to illustrate the minute structure of tissues.

(First Year)

Preliminary term.....	30 Hours
Junior term.....	30 Hours

Chemistry

A course intended to give the student a few fundamental principles which will serve as a basis for a better understanding of physiology, dietetics, materia medica, etc. to teach her to reason by emphasizing the place of chemistry in everyday life, and to train her to apply such principles to her actual nursing and hospital problems.

(First Year)

Laboratory, demonstration and class work.....	20 Hours
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Hygiene and Sanitation

To teach the student the importance of good health to herself and to others; to impress her with the importance of prophylaxis; and to give her a definite working knowledge of methods of protection and prevention so that she will realize her responsibility in the education of the public in methods of right living.

This course also stresses conditions necessary to health, water supply, air, and ventilation, disposal of wastes, protection of food supplies, practical household hygiene and principles of personal hygiene.

(First year)

Classes, Lectures, Quizzes and excursions.....	15 Hours
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Bacteriology

A study of the characteristics and habits of micro-organisms, intended to teach the student to protect herself, her patient and the public from infection, and to emphasize through laboratory demon-



A Class of Probationers

stration the necessity of surgical asepsis, through cleanliness and proper environment. (First Year)
Classes, recitations and laboratory demonstrations..... 20 Hours

Elementary Pathology

Dealing with processes of degeneration and regeneration with instruction in the preparation, examination and record of result of laboratory tests. The value of the course to the student is that it enables her to better understand changes which have occurred in the body through disease and the best mode of treatment in such cases. Senior Year—Doctors' lectures and Laboratory work 10 Hours

Drugs and Solutions

The study of drugs and solutions is intended to familiarize the pupil with the appearance and use of drugs and solutions which she may be called upon to handle in her preliminary and junior work; to teach her common terms and symbols, and prepare her for her course in materia medica; also to teach her the correct preparation and use of the stock solutions commonly found on wards. (First Year.)
Classes, quizzes and laboratory demonstrations..... 20 Hours

Materia Medica

The study of drugs from the standpoint of their therapeutic action emphasizing the accurate and intelligent administration of medicine and the observation and report of results; to teach the nurse sufficient knowledge about the therapeutic action of drugs to enable her to co-operate intelligently with the physician in securing desired results; and to familiarize her with toxic drugs and doses in order to safeguard the patient from possible errors. (First Year)
Lectures and Laboratory periods..... 20 Hours

Bandaging

The student is taught the fundamental principles of good bandaging, materials used, methods of making and of application, care, use, etc. Also the application of splints, treatment of hemorrhage and emergency care of wounds. (First Year)
Laboratory, classes and practice..... 20 Hours

Nursing Ethics and Nursing History

Instruction in this subject tends to give the student the required social and sympathetic point of view regarding the needs of her patients as a whole with a better understanding of their problems. It explains the origin and intention of hospital and training school regulation, thus securing the co-operation of the young student in carrying out such purposes; and it places before her a helpful inspiration by making her familiar with the splendid traditions of nursing, its leaders and ideals. (First Year)
Classes and lectures..... 15 Hours

Dietetics and Dietotherapy

A course in Dietetics is given in the Preliminary Period which includes food principles, food composition and food values. The principles of cooking and the application of these to the promotion of health and the treatment of disease.

Dietotherapy in the senior year serves to correlate the work in dietetics, and nurses' experience with diseases of metabolism and diet in the treatment of disease. (First Year)

Theory, 15 Hours; practice..... 30 Hours
Senior Year—Theory and practice..... 20 Hours

Pediatrics and Nursing of Infants and Children

Intended to teach the student the physical and mental development of normal children, the principal diseases which affect children, and how to apply properly nursing methods to sick infants or children; to give sound and thorough instruction in the preparation of infant feedings and the proper diet for sick children; to give the basic principles for future work in connection with the nursing care of children outside of the hospital, in milk-stations, welfare departments, schools, etc. and to secure the interest and co-operation of the nurse in the conservation of child life.

Course given in Junior Year.

Nursing of Children, laboratory periods..... 8 Hours
Milk room and infant feeding..... 16 Hours

Course given in Senior Year.

Special Lectures..... 10 Hours

Medical Nursing

To give the student a practical understanding of the causes, symptoms, prevention and treatment of the commoner medical diseases so that she may skillfully care for her patient; to prepare her to give the more advanced nursing treatments and enable her to intelligently report effects of symptoms observed and change in patients' condition to physician.

The course deals with the general principles and treatment of disease of the circulatory, respiratory and digestive and excretory systems and with constitutional diseases. Medical emergencies are also considered. (Second year)

Doctors' Lectures and Clinics..... 20 Hours

Surgical and Gynecological Diseases

This course gives the student a general idea of the principal surgical and gynecological diseases, their symptoms and treatment. It is intended to develop skill in elementary surgical procedures to establish a thorough understanding of the principles of surgical technique and to prepare the student to deal intelligently with surgical emergencies. The course deals with the pathology of surgical disease, the principles of asepsis and antisepsis, inflammation, wounds, frac-



Science Laboratory



Study Room

tures, common operations and the surgical nursing care of the patient before and after operation. (Second year)

Doctors' Lectures and Clinics 20 Hours

Massage

This course gives attention to the form of treatment involving muscular manipulation of the body for general and local effects and teaches the nurse to do easily and intelligently such massage as is necessarily a part of her nursing duty. This course is not, however, intended to prepare the student for special work. (Senior year)

Laboratory periods..... 16 Hours

Obstetrics

To give the student the fundamental knowledge required in the nursing care of obstetrical patients and infants. To prepare her to advise and instruct mothers in the care of their own health both before and after child birth, and in the conditions necessary for the rearing of healthy children.

The course of instruction deals with normal and pathological pregnancy, the management of labor and the care of mother and child during puerperium. The training is given in affiliating hospitals. (Second Year)

Lectures and clinics by obstetrician.

Classes and demonstrations in maternity wards.

Delivery rooms and nurseries.....30 to 55 Hours

Mental and Nervous Diseases

To stress the relationship between mental and physical illness, to teach underlying causes of mental diseases and disturbances with modern methods of treatments available, both in hospital and community, to train the nurse in observation of symptoms through the behavior of patient so that early signs of mental disturbance may be understood and appreciated and to prepare the nurse to give active and intelligent co-operation in dealing with such cases and in appreciating activities for the prevention of mental illness. Lectures by physicians and class demonstration and special clinics. (Senior year)..... 16 Hours

Operating Room Technique

Deals with the organization and administration of operating room service and gives the student a good scientific basis for surgical and operative procedures; familiarizes her with all nursing measures in connection with same; teaches her the use of operating room equipment, the preparation and care of suture material, instruments, dressing, drums, etc., and prepares her by special, individual instruction to assist the surgeon at operations, passing instruments, sutures, etc. if desired. (Senior year)

Individual instruction by surgeons.

Supervisor of operating and instructor of nurses in operating room procedures45 Hours



Nursing Laboratory

Infection and Contagion

Deals with the special symptomatology and pathology of communicable diseases, their nature, the importance of early recognition of symptoms and methods of nursing especially stressing preventive treatment.

The social and economic aspect of the question and the nurses' responsibilities and opportunities for educational work are especially emphasized. (Senior year)

Lectures by physician..... 8 Hours

Occupational, Skin and Venereal Diseases

Intended to familiarize the student with the outstanding features of the disease in question so that she may be prepared to give such cases intelligent nursing care and assist in preventive treatment; also to stress the social significance of these diseases and the importance of removing or reducing social and economic causes of same. (Senior year)

Lectures by physician..... 8 Hours

Eye, Ear, Nose and Throat

The object of this course is to give the student an understanding of the care and treatment of the eye, ear, nose and throat in normal and abnormal conditions, and to enable her to give satisfactory nursing care in disease or following operative treatment. (Senior Year)

Lectures by physician..... 8 Hours

Public Health and Social Service

The course in Public Health Nursing and Hospital Social Service deals with diseases and poverty, organization for relief and care of dependents, public sanitation, housing and relief agencies, race characteristics and other sociological problems.

Each student in the school has the opportunity for three months' actual personal experience in Public Health work, either in the departments of the Hospital or in special affiliated agencies. (Second year)

Lectures, Classes, Conferences and Excursions with Head of

Social Service Department..... 20 Hours

Lectures by Special Experts on above subjects..... 15 Hours

Journal Club

This course deals with special problems which the student frequently meets in connection with her nursing work, private duty nursing, nursing history, nursing organizations their function and purpose. The organization and management of Hospitals, etc. (Senior year.)

Special Lectures and Senior Instructor..... 12 Hours

A Lesson in Bed-making



Special Quiz Classes

A series of special classes for review work in preparing student for State Board Examinations is held three times a year by the various lecturers and instructors of the Training School.

Course given in senior year.

Special lectures, classes and laboratory demonstrations... 20 Hours

CLINICAL EXPERIENCE AND INSTRUCTION

In arranging for the nursing practice of the pupil in the hospital no fixed plan or order for the various services is followed as such arrangements must necessarily depend on the ever-changing needs of the hospital. It is considered essential that experience in general medical or surgical nursing precede training in special branches which demand a higher degree of skill and adaptability on the part of the pupil.

Medical Nursing

Opportunity for valuable and extensive nursing experience is afforded in the various medical departments of the hospital. Not only does the student become thoroughly familiar with the more common forms of medical and infectious diseases but she also has contact with all the newer and more scientific aspects of such nursing with the opportunity for observation and study of highly specialized medical work. The time devoted to medical training is approximately five months.

Surgical Nursing

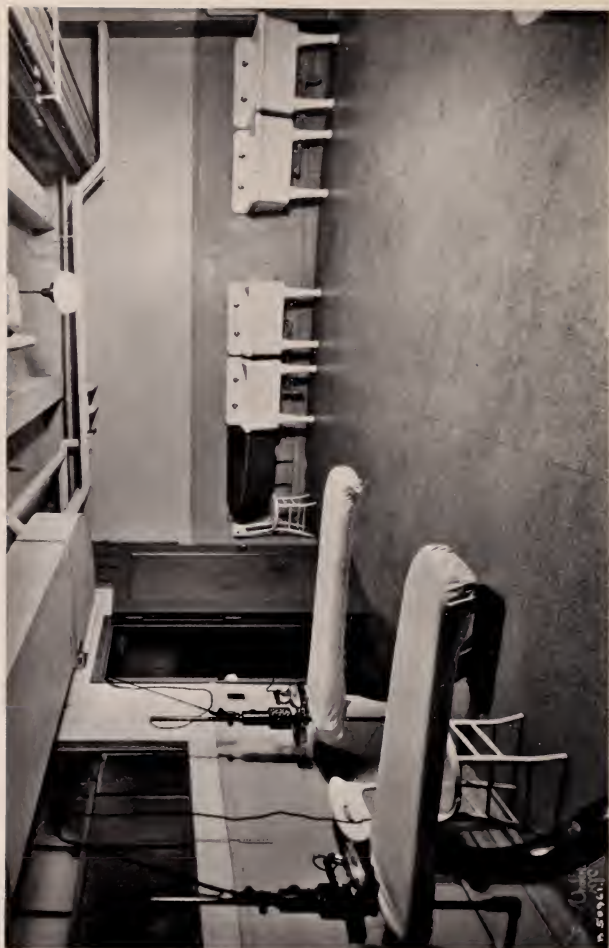
This training is given in the surgical departments of the Hospital. The general surgical wards provide a wonderful field for experience in every branch of surgical work. Nurses are taught the care of ante-operative and post-operative cases, the care of wounds and fractures, the preparation and care of examining rooms, dressing-carriages, trays, infusion stands, and many other surgical procedures. About five months is devoted to this training.

Gynecological Nursing

This time is spent in the gynecological departments of the hospital, and gives opportunity for nursing experience of great value in this special branch of surgery. From six weeks to two months' time is spent in this department.

Operating Room

Each student has at least two months actual experience in operating room work. A special full-time instructor of nurses employed



Laundry for Students' Use

for that purpose gives daily clinics to students in every branch of operating room procedure from the preparation and care of operating rooms, surgical dressing, gloves, etc. to the work of actually assisting at operations.

Nursing in Diseases of Infants and Children

This training is received in the children's departments, and covers the nursing care of infants and of children up to the age of twelve years. It includes both medical and surgical service. Opportunity is also given for experience in the preparation of infants' feeding. Three months' time is devoted to this work.

Obstetrical Nursing

This course is given in Sloane Maternity and Manhattan Maternity Hospital of New York City, both of which are affiliated with our School of Nursing. The student resides during this period at the affiliating hospital, and has a three months intensive course of training which includes instruction in both theory and practice in this subject. In addition to the nursing experience with mothers and infants the nurses have, under graduate supervisors, the actual responsibility of delivery and operating rooms. Nurses are taught the preparation, cost and care of necessary supplies for pregnancy, and in the outdoor department of these hospitals have the opportunity under supervision for obstetrical work in the homes of the poor.

Special Opportunities or Electives

Opportunity for practical nursing experience in special diseases such as eye, ear, nose, throat, skin physical therapy, etc., is afforded in the special departments of the hospitals and dispensary. This is a great advantage to nurses who are planning for school nursing or other public health work. Elective courses of not less than three months are arranged for nurses especially interested in such work or in Hospital Social Service Work. The School has also affiliations with the Henry St. Settlement, with Willard Parker Hospital and with the Bloomingdale Hospital for a limited number of students who desire to select electives along special lines.

ADVANTAGES PECULIAR TO THE PROFESSION FOR NURSING

Nursing is the best possible preparation for woman's special sphere, homemaking and motherhood. The Nurse is sure of expert care if she is ill during the period of training. She is sure of occupation as soon as she is graduated, and, except for private nursing, requires no equipment. She can practice her profession in almost any part of the world. It is the least expensive of professional courses.

In order to become a successful nurse one needs an alert and understanding mind, good health, good disposition, a good education, a genuine interest in human and social problems and the desire to make one's life count for something worth while.

There are today in America over 1800 accredited Schools of Nursing with an average of about 60,000 students. Although there are over 300,000 graduate nurses in America, and there appears to be little fear of the supply exceeding the demand for many years to come.

In no other line of work for women in the world is there greater variety of opportunity from which to choose. The choice lies mainly in three great fields each with its peculiar attractions and possibilities, namely:—

Executive Nursing work in Hospitals, Schools of Nursing or similar organizations.

Public Health Nursing.

Private Duty Nursing.

Probably the best known of these three types of nursing is that of bedside or private duty nursing in which the nurse works in the home or Hospital, devoting her time and effort to the care of individual patients. The demand for such work is constant and affords opportunity for many pleasant social and professional contacts, but it must be remembered that this form of Nursing unlike other branches of nursing work does not usually offer opportunity for advancement as the years go by.

To the woman of exceptional ability, broad and interesting opportunities are presented in the field of executive work, some of which are enumerated as follows:

Dean, Directress or Principal of Schools of Nursing.

Superintendent of Hospital (generally in small or moderate sized organization).

Assistant Principal or Superintendent of Hospital, Supervisor, Head Nurses of special Hospital Departments.

Instructors in Schools of Nursing.



*Small
Reception
Room*



*"Tea and
Bridge"*



*Reference
Library*

Operating Room Nurses, Anesthetists, Dispensary Nurses, etc.

Social Service Department workers.

Matrons, House Mothers and Social Directors.

Among attractive Public Health Nursing opportunities we find those of:

Settlement or District Nursing.

Infant or Children's Welfare Work.

Industrial Nursing.

School Nursing.

Rural or Community Nursing.

There are also endless attractive special fields of Nursing activity a few of which are:

Red Cross—Army and Navy Nursing.

Missionary Nursing work.

Resident Nurse positions in Schools and Colleges.

State and Municipal Health Department Nursing.

Registrar of Nurses Registry.

SPECIAL ADVICE TO CANDIDATES

Candidates should select most carefully the school in which they desire to take training, as there are great differences in schools of nursing. They should always seek to enter the best school to which their qualifications entitle them.

The best schools are those that furnish the greatest opportunity for medical and clinical experience, the best equipped teachers and class rooms, that do not overwork their pupils, that furnish good living conditions, that look after sick nurses carefully, and that prepare pupils adequately for more than one branch of nursing.

Poor schools are those that exploit the pupils in order to obtain for themselves cheap nursing service; that offer inadequate educational opportunities; that fail to meet registration requirements or the standards that are recognized by the Red Cross, Army and Navy Bureaus.

The following considerations often mislead candidates.

Shortness of courses offered.

Payment of large monthly allowances.

Advertising methods.

If in a state or country where nurses are registered, see that the school is recognized by the State Board of Examiners, otherwise it would be very difficult to have any standing in the profession.

If in any doubt about the standing or reputation of a school, it would be advisable to consult with some of the officials of the State Nursing Association or with some of the nursing authorities below mentioned.

In New York City.

Miss Isabel Stewart, Director, Department of Nursing and Health, Teachers College, Columbia University.

Miss Blanche Pfefferkorn, National Headquarters of Nursing Education, 370 Seventh Avenue, New York City.

In the Country at Large:

Miss Mary Roberts, Editor-in-Chief of the American Journal of Nursing, 370 Seventh Avenue, New York, N. Y.

Open Roof



